



MAY 2021



National City George H Waters
AT THE TOWERS
 1415 "D" Avenue- National City, CA 91950
 (619) 336-4260 INGRID / 336-4261 MARTHA
 Nutrition Center Main Line (619) 336-6750

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) CHICKEN CACCIATORE WHOLE WHEAT SPAGHETTI GREEN BEANS ALMONDINE FRUIT SALAD ITALIAN LEMON ICE MILK	4) BAKED HAM* W/ BEANS MASHED POTATOES MIXED VEGGIES CAESAR SALAD BANANA RYE BREAD MILK	5) PEPPER ROAST BEEF STEAMED BROWN RICE CALIFORNIA BLEND BEET SALAD STRAWBERYY CUP MILK	6) TURKEY CHEESE CROISSANT LENTIL SOUP WHOLE WHEAT PASTA SALAD MARINTED VEGGIE SALAD PEACH MELBA MILK	7) CATCH OF THE DAY BAKED STEAK FRIES GREEN PEAS CALICO COLESLAW MANDARIN ORANGES POPCORN MILK
10) BEEF W/ PASTA MARINARA WHOLE WHEAT PASTA ITALIAN GREEN BEANS CAESAR SALAD HONEYDEW MELON MILK	11) BROILED CHICKEN W/BBQ* WHOLE WHEAT MAC & CHEESE BABY CARROTS ZUCCHINI & BROCCOLI SALAD PINEAPPLE CUP MILK	12) COUNTRY PORK CHOPS MASHED POTATOES CALIFORNIA BLEND LEAFY GREEN SALAD BANANA RYE BREAD MILK	13) ROAST BEEF W/ MUSHROOM SAUCE AUGRATIN POTATOES PEAS & CARROTS TWO COLOR SPINACH SALAD MANDARIN CUP POPCORN MILK	14) CATCH OF THE DAY WHOLE WHEAT FETTUCINI SPINACH SWEET & SOUR SLAW CANTALOUPE W/ LIME DRESSING MILK
17) CHICKEN PARMESAN WHOLE WHEAT NOODLES STEAMED BROCCOLI SPINACH SALAD FRESH GRAPES MILK	18) PORK CHOP W/ STUFFING MASHED POTATOES PEAS & CARROTS WALDORF SALAD CHOCOLATE PUDDING POPCORN MILK	19) DELICIOUS LITE LEMON CHICKEN BARLEY PILAF SWISS CHARD TOSSED SALAD FRESH STRAWBERRIES MILK	20) BEEF BURGUNDY WHOLE WHEAT PASTA CARROT COINS TOMATO BASIL SALAD BANANA MILK / JUICE	21) CATCH OF THE DAY RED POTATOES GREEN BEANS AMBROSIA SALAD MELON MIX POPCORN MILK
24) AMERICAN BEEF LASAGNA STEAMED BROCCOLI ROMAINE SALAD APRICOT CUP MULTIGRAIN ROLL MILK	25) SALSBURY STEAK GARLIC MASHED POTATOES STRING BEANS CARROT SALAD FRUIT CUP POPCORN MILK	26) MAPLE MUSTARD ROAST CHICKEN OVEN BROWN RED POTATOES CARRTOS & BROCCOLI TOSSED FIELD GREENS FRESH APPLE WHOLE WHEAT BREAD MILK	27) NEW ENGLAND POT ROAST NEW POTATOES SPINACH CAESAR SALAD CANTALOUPE WEDGES WHEAT ROLL MILK	28) CATCH OF THE DAY BROWN SAFFRON RICE SAUTEED CABBAGE PEA SALAD PINEAPPLE CHUNKS POPCORN MILK
31) CLOSED MEMORIAL DAY 			Menu Subject To Change Without Notice Alternative Meal Option Available Daily Inquire at Front Desk	Suggested Contribution \$3.50 Senior Adults (60+) NON-Senior FEE \$6.00 paid at front desk Lunch Hours 11:00 A.M. – 12:30P.M

THE GEORGE H. WATERS NUTRITION PROGRAMS ARE SUPPORTED BY OLDER AMERICAN'S ACT FUNDS AWARDED BY THE COUNTY OF SAN DIEGO HEALTH & HUMAN SERVICES AGENCY, AGING & INDEPENDENCE. ADDITIONAL FUNDING COMES FROM THE CITY OF NATIONAL CITY AND SENIOR CONTRIBUTIONS. PEOPLE ELIGIBLE FOR PARTICIPATION IN THE SENIOR NUTRITION PROGRAMS AS DEFINED BY THE OLDER AMERICAN'S ACT, ARE 60 YEARS OF AGE OR OLDER. ELIGIBILITY IS THE SAME FOR ALL WITHOUT REGARD TO RACE, COLOR, NATIONAL ORIGIN, SEX OR HANDICAP.